



## *H1N1 Travel Recommendations*

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# ***H1N1 Flu Travel Recommendations***

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**78TH AIR BASE WING**

## **➤ CDC recommends avoiding non-essential travel to Mexico at this time.**

- People entering the US who are experiencing symptoms consistent with H1N1 flu AND have traveled to an affected area or have been exposed to someone possibly infected with H1N1 flu, during the last 7 days, should report their illnesses to their health care provider immediately and inform him/her of their recent travel.
- People traveling from the US to affected areas should be aware of the risk of illness from H1N1 flu and take precautions.

## **➤ To prevent the spread of H1N1 flu:**

- Avoid contact with ill persons.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.
- If you think you are ill with novel H1N1 flu, avoid close contact with others as much as possible.
- Stay at home or in your hotel room. Do not go to work, school, or travel while ill.
- Seek medical care if you are severely ill (such as having trouble breathing).



# ***Additional Resources***



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- **<http://www.cdc.gov/swineflu>**
- **[http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)**
- **[http://www.cdc.gov/swineflu/general\\_info.htm](http://www.cdc.gov/swineflu/general_info.htm)**
- **<http://ready.ga.gov/>**
- **[www.northcentralhealthdistrict.com/h1n1](http://www.northcentralhealthdistrict.com/h1n1)**
- **RAFB Public Health office, 7-8019**